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Egypt outlines a ceasefire plan for Hamas and Israel following a week of heavy fighting that has killed at least 185 people in Gaza

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'Glimmer of hope' is gone

Tragic end to missing persons case. Nathan O'Brien, Alvin Liknes and wife Kathryn Liknes were murdered, according to police



JEREMY NOLAIS

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Three-year-old Gabriel Potter dropped a bouquet of flowers Monday on a makeshift memorial for Calgary youngster Nathan O'Brien and his grandparents Alvin and Kathryn Liknes, as any "glimmer of hope" that the missing trio would be found alive faded away.

Young Gabriel had offered in recent days to hop aboard his "Super Thomas" bike and join in the search for five-year-old Nathan, who was last seen with the Likneses at their Parkhill home June 29.

After two weeks and few clues released publicly, police said Monday they now believe the three were murdered



Gabriel Potter, 3, places flowers on a makeshift memorial in honour of a missing Calgary trio who are now believed to have been killed. Inset: a search for the bodies of Alvin Liknes, left, wife Kathryn and grandson Nathan O'Brien continued Monday. JEREMY NOLAIS/METRO; INSET/METRO FILE

and expected to lay charges against a suspect at press time.

The news was heartbreaking for Gabriel's mother, Joscelyn Potter, and many others

who followed the case closely, praying for a happy ending.

"He's our everything. We look at him and we see that boy," Joscelyn said of her son.

"As parents, you see your child in it and empathize, but you certainly cannot begin to comprehend what their days must be like.

"There's a city united that would like to take it all away for them."

Family members had issued public pleas for the safe return

of their loved ones. Now, they will be left to prepare memorials as the search for the bodies of the Liknes couple and young Nathan continues.

"I love my sister; she was a great gal," said Randy Prevost, Kathryn's older brother. "Always a good girl, man, heartwarming. She was always there to help — just that kind of person."

Police Chief Rick Hanson said his investigators never gave up on finding the trio alive until Sunday, when they met to go over all the evidence that had been compiled during searches of the Liknes residence, an Airdrie acreage and several Calgary landfills.

"I think it's safe to say that, even as the days went by, there's always a hope — there's always a glimmer of hope — and, unfortunately, with the laying of the charges, we've taken that hope away from the family," Hanson said.

"They are devastated."

WITH FILES FROM ROBSON FLETCHER/METRO

FOR MORE DETAILS ON THE POLICE INVESTIGATION AND PENDING CHARGES, HEAD TO PAGE 3

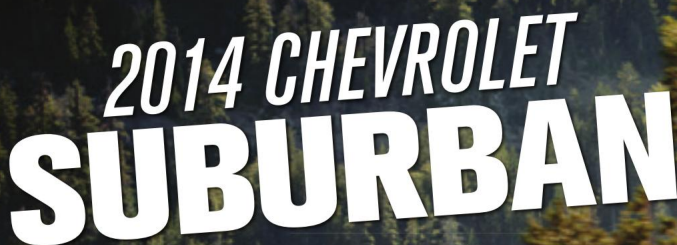
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Liknes investigation

Timeline of events

- **June 30:** Police issue an Amber Alert after Nathan O'Brien and his grandparents are reported missing.
- **July 1:** Police express interest in speaking to anyone who attended an estate sale at the Liknes home in the weekend leading up to the disappearances.
- **July 2:** Nathan's parents issue a nationally televised plea for their son's return.
- **July 4:** Police confirm a violent incident took place at the Liknes home. They also release images of a Ford pickup and say they believe the driver may have some information.
- **July 5:** Police descend on a property near Airdrie. Police recover the pickup and take Douglas Garland in for questioning.
- **July 7:** Garland appears in Calgary court on an identity-theft charge unrelated to the disappearance.
- **July 9:** Police expand their search to the Spyhill Landfill northwest of Calgary. They also confirm that Garland's sister is in a relationship with a member of the Liknes family.
- **July 10:** Reports surface that Alvin Liknes had to close his gas exploration company after equipment was seized for unpaid taxes.
- **July 11:** Garland is released from custody on bail and given strict conditions.
- **July 13:** Police conclude searching the Liknes home but say the investigation continues at the Airdrie property and local landfills.
- **July 14:** Police say two charges of first-degree murder and one charge of second-degree murder are pending in the case. Police do not immediately identify the suspect because charges had not been laid.

THE CANADIAN PRESS

'Person of interest' will be charged, family told

'Painstaking effort.'

Investigators receive unprecedented support from public, with 900 tips and leads supplied



JEREMY NOLAÏS

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Calgary's police chief said he's "very confident" in the evidence behind three murder charges that were due to be laid in the killings of five-year-old Nathan O'Brien and grandparents Alvin and Kathryn Liknes.

At press time, the accused hadn't been formally named, but family members told Metro they'd been informed by police that Douglas Garland had been re-arrested and would be charged.

Garland had previously been named a "person of interest" in the investigation into the disappearance of young Nathan and his grandparents. He was taken in for questioning July 4 and released Friday after spending a week behind bars on unrelated fraud charges.

Calgary Police Chief Rick Hanson said police arrested the man due to be charged in the murders near the acreage owned by Garland's parents. That property had been under police control for more than a week while scores of officers scoured it for clues.

Hanson told reporters there was no "smoking gun" that led to a break in the case two weeks after O'Brien and the Liknes were first reported missing.



Calgary Police Chief Rick Hanson addresses media on Monday, as investigators reveal they have determined that a missing Calgary couple and their grandson were murdered. KEN VAN DE WALLE/FOR METRO

"This investigation started with very little information," Hanson said. "In one of the first press conferences we had it was referred to as a mystery. This investigation ... has been a painstaking investigation; it has been pursuing 900 tips plus investigative leads that have been forthcoming.... This file has been built piece by piece."

Hanson also reissued a plea for rural property owners to check their land for anything suspicious as the bodies of young Nathan and the Liknes couple hadn't been recovered.

The police chief said, however, the "preponderance of evidence" led his team to the conclusion that all three were dead.

It had previously been stated that a violent incident occurred inside the Liknes home some time late on June 29 or early the next morning, and it's believed the couple and Nathan did not leave voluntarily.

Hanson said he couldn't identify the suspect until the suspect appeared before a justice of the peace.

Garland was released on \$750 bail Friday. He was ordered to stay in transitional housing and obey a strict curfew between 9 p.m. and 7 a.m. daily.

Family members have said they're aware of business dealings between Garland and Alvin Liknes a few years ago.

Charges

The accused in the triple murder will face two counts of first-degree murder in connection with the killings of Alvin and Kathryn Liknes and one count of second-degree murder in connection with the murder of five-year-old Nathan O'Brien.

- First-degree charges generally imply that the accused premeditated his or her actions, while second-degree charges are generally reserved for when a murder occurs more impulsively.

1 NEWS

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Calgary Transit

C-Train named a top-10 triumph by Canadian group

Calgary's C-Train has been named among the top-10 triumphs of Canadian transportation by a national group.

The Transportation Association of Canada published

the top-10 list in honour of the organization's 100th anniversary.

The C-Train was named alongside the Trans-Canada Highway, Canadian Pacific Railway and Vancouver SkyTrain.

Calgary's LRT system first opened in 1981 and now transports 300,000 passengers daily during the work week.

METRO



Calgary C-Train was recognized as one of Canada's top-10 triumphs in transportation. METRO FILE

Critical condition

Biker collides with oncoming car

The Calgary Police Service is investigating a serious crash that put a man in hospital early Monday morning.

A 50-year-old man was driving a Harley Davidson motorcycle westbound on Aero Drive N.E. approaching the intersection at Aero

Crescent N.E. at around 7 a.m. Monday, police said.

At the same time, a 20-year-old driver of a 2000 Honda Accord approached the same intersection going eastbound. According to police, the Accord made a left turn into the path of the motorcycle.

The motorcycle collided head-on and the driver was thrown off, police said. He was critically injured. METRO

NW school. Minister to meet with upset locals

Alberta's education minister will sit down with residents of a northwest Calgary community who claim a planned Francophone school in their neighbourhood will clog roads and ruin what little green space they have left.

Jeff Johnson told Metro on Monday that he looked forward to hearing arguments for and against the development in Scenic Acres but said he doesn't have the power to forbid the regional Francophone board, Conseil Scolaire FrancoSud, from erecting the 400-student school on what is technically their land.

The plot along Scenic Acres Drive N.W. currently serves as a park but has long been a designated school site, one that was previously owned by the Calgary Board of Education.

"We'll see what we can do to facilitate any possible solutions," Johnson said. "The site of that school is not something I have purview over."

Residents in Scenic Acres claim they were never given notice that the green space was a long-term school site. In late May, an area councillor said more than 350 "pretty hostile" residents turned up at a community meeting to express outrage over the development.

The area community association has also established a committee to save the park and have now drawn support from area MLA Sandra Jansen.

"I believe wholeheartedly that this location is not in the best interests of the Francophone school nor the residents of Scenic Acres, who will lose one of the last intact green spaces in their community," Jansen wrote in a letter to Johnson. JEREMY NOLAIS/METRO

Male cyclists outnumber female 4 to 1 in the city



Data collector Joseph Cheung uses a proprietary device designed by the City of Calgary to count motor vehicle, pedestrian and cyclist traffic. Various templates are swapped in and out of the centre of the device so that collectors can use the buttons to count a variety of different things, including the age and gender of cyclists. METRO FILE

Commuter data. City expert suggests wide margin indicative of bike-lane safety issues



ROBSON FLETCHER
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Calgary cyclists riding during rush hour are overwhelmingly helmet-wearing males, according to new data published Monday.

The city's 2013 Bicycle Count Report found male cyclists travelling during peak hours outnumber female cyclists by a 4-to-1 margin.

"That's really low compared to trends in North America," cycling co-ordinator Tom Thivener said of the proportion of female cyclists. "It's also indicative of our lack of on-street infrastructure."

While most jurisdictions see more male cyclists than female cyclists, Thivener said some cities in Europe like Amsterdam and Copenhagen

have a roughly 50/50 split, and that's tied largely to their emphasis on cycle lanes separated from motor vehicles.

"That's what all the research that's come out has said: if your facilities are not safe enough, you're not going to get women out riding," Thivener said.

Calgary's report is based on headcounts of cyclists at 51 locations across the city during two three-hour periods on weekdays in May, July and September of last year.

Data collectors observed cyclists at each location between 6:30 and 9:30 a.m. as well as between 3:30 and 6:30 p.m. on a given day and counted 19,476 in total. Of those, 79 per cent were male and 21 per cent female.

About 86 per cent of cyclists were observed wearing helmets, a rate Thivener said is significantly higher than other North American cities, despite helmet use not being mandatory for adults in Alberta.

Ekke Kok, the city's manager of transportation data, said the city has been count-

Highest female rate

39%

The proportion of female cyclists recorded at the 29th Street N.W. pathway crossing near Foothills Hospital, which saw the highest female ridership of all 51 count sites across the city

Cycling stampede

2,787

The number of cyclists recorded at the Bow River pathway at Crowchild Trail S.W., which saw the most total riders of all 51 count sites

ing traffic volumes of various types since the 1960s and the process is "completely independent" of other city departments.

"We don't have a real vested interest in the data," he said. "We just collect the data."

The counting method for all travel modes sees the number of trips tallied, Kok added, and not the number of unique travellers.

Teen inks deal with pro German club

As German soccer fans raised a beer stein to the national team's fourth World Cup title, one Calgary footballer was also toasting his personal success in Deutschland.

On his 18th birthday, Caniggia (Ginola) Elva signed a four-year deal Monday to play high-level professional football in Stuttgart, Germany, with VfB Stuttgart.

"It's big for our club," said Ramon Mifflin, director of the Southwest United Soccer Association. "We couldn't be happier that Germany just won the

Bright future

"If he develops early, who knows where it will take him?"

Ramon Mifflin, director of the Southwest United Soccer Association

World Cup — and he's there."

The Caribbean-born Elva is the son of a former national striker and the relative of a national defender. However, he didn't play organized soccer until suiting up in Calgary at 11 years old.

High-calibre club

VfB Stuttgart plays in the top tier of the German football league system.

After getting one good look from the German scouts, the speedster returned overseas in early May to continue chasing a professional career.

He'll keep on training at the German academy with other young players on the under-19 and under-23 teams.

"If he develops early, who knows where it will take him?" said Mifflin, adding the four-year contract "shows the commitment and the promise they see in this young man."

Mifflin also mentioned Elva was "thinking of his friends and family of St. Lucia."

In his first-ever interview in May, Elva told Metro he's learned much about being a professional from chumming around some of the world's best-ever soccer players.

BRYAN WEISMILLER/METRO



Eighteen-year-old Calgarian Caniggia (Ginola) Elva dons his new German soccer club threads after signing a four-year pro contract with VfB Stuttgart. COURTESY SOUTHWEST UNITED SOCCER ASSOCIATION

Stampede marks its second-best year

Giddy up, cowboy. Only 2012 had more visitors

The cowboys have ridden off into the sunset, and with them comes a close to the second-most successful Calgary Stampede of all time.

Sunday marked the end of the 2014 Calgary Stampede with more than 1.2 million

guests bursting through the turnstiles.

That number is just behind the Calgary Stampede Centennial Celebration in 2012, a year that saw more than 1.4 million people enter the grounds during the 10-day event.

"The centennial obviously was a peak moment, so to have the second-highest attendance in the history of

the Stampede is extremely gratifying," said Bob Thompson, president of the Calgary Stampede.

The success of this year's Greatest Outdoor Show on Earth was attributed to the sunny weather that held up for the first two weeks of July, and it was the first year after 2013's historic flooding.

"Some of it may have been a reflection after last year.

Such a challenging year for Calgary," said Thompson.

People from all over Canada and the world attended the Stampede this year. Guests came from countries like England, India, Brazil, the Netherlands and the United Arab Emirates. One in five attendees experienced the Calgary Stampede for the first time.

KEN VAN DE WALLE/FOR METRO



Calgary Stampede 2014 saw the second-most number of guests in the event's history.

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Calgary man's body finally recovered

Nearly 11 months after Kevin Boutillier drowned in Shuswap Lake, the Calgary man's body has been recovered, the B.C. Coroners Service confirmed Monday.

On Aug. 24, 2013, Boutillier jumped into the popular recreational lake from a houseboat to retrieve a hat that had blown into the water and was swept away. His friends were unable to retrieve him from the water, and he drowned.

RCMP spent more than a month searching for his body before calling an end to the

Quoted

"His positive attitude and humour was always infectious."

Kevin Boutillier's sister, Karyn

recovery effort last October.

On July 10, a body was pulled from the lake by Ralston and Associates, a private recovery service, and turned over to the Coroners Service, who confirmed the identity.

Family members held a memorial service for Bou-

tillier last August. His sister Karyn told Metro at the time that her brother, who played on the junior hockey circuit with teams including the Calgary Canucks and Airdrie Thunder, had lived a "full life."

"We know that life will never be the same and there is a huge piece of ours missing, but he will always be with us in spirit," Karyn said. "His positive attitude and humour was always infectious."

Shuswap Lake is about 550 kilometres west of Calgary. **ROBSON FLETCHER/METRO**



Kevin Boutillier.

COURTESY KARYN BOUTILLIER

National ranking report. Construction causing a major buzz in the city

In a recent report released by Buzzbuzzhome, Calgary has ranked third in a list of Canadian cities with the largest residential construction market, right behind Montreal and Toronto.

Calgary is seen as Canada's "hottest up-and-coming market," according to the release by Buzzbuzzhome. It currently has 29,438 homes under construction in its metropolitan area.

Calgary also topped the list when it came to the number of homes under construction relative to the population — 2.42 homes are under construction for every 100 people in the metropolitan area.

Buzzbuzzhome is a group that follows housing markets and new housing construction and works to match up buyers with sellers.

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Israel, Hamas consider Egypt's ceasefire plan

At least 185 dead. Israel launched an offensive in Gaza on July 8, saying it was responding to weeks of rocket fire from Hamas

Egypt presented a ceasefire plan Monday to end a week of heavy fighting between Israel and Hamas militants in the Gaza Strip that has left at least 185 people dead, and both sides said they were seriously considering the proposal.

The late-night offer by Egypt marked the first sign of a breakthrough in international efforts to end the conflict.

Hamas' top leader in Gaza confirmed there was "diplomatic movement," while Israel's policy-making Security Cabinet was set to discuss the proposal early Tuesday. Arab foreign ministers discussed the plan Monday night at an emergency meeting in Cairo, and U.S. Secretary of State John Kerry was expected in the region Tuesday.

Egypt's Foreign Ministry announced the three-step plan starting at 9 a.m. (0600 GMT, midnight MDT) with a ceasefire to go into effect within 12 hours of "unconditional acceptance" by the two sides. That would be followed by the opening of Gaza's border crossings and talks in Cairo between the sides within two days, according to the statement.

Gaza's crossings should be opened for people and goods "once the security situation becomes stable," according to



Palestinians walk on the rubble of a house following an overnight Israeli missile strike in Rafah, southern Gaza Strip. LEFTERIS PITRAKIS/THE ASSOCIATED PRESS

a copy of the proposal obtained by The Associated Press.

Israel launched the offensive July 8, saying it was a response to weeks of heavy rocket fire out of Hamas-ruled Gaza. The Health Ministry in Gaza said 185 people, including dozens of civilians, have been killed, and more than 1,000 people wounded.

There have been no Israelis killed, although several have been wounded by rocket shrapnel, including two sisters, ages 11 and 13, who were seriously hurt Monday. Ahead of the

Egyptian announcement, there appeared to be no slowdown in the fighting, with Hamas for the first time launching an unmanned drone into Israeli airspace that was shot down.

Egypt Foreign Minister Sameh Shukri said there is "no alternative but return to the truce" of November 2012, and added that Egypt contacted all the parties, including the Palestinian leadership, different Palestinian factions, and Israeli authorities in addition to Arab and international parties.

THE ASSOCIATED PRESS

Analysis



Placards lie on the ground in Beirut after a protest against the Israeli offensive in Gaza on Monday.

HUSSEIN MALLA/THE ASSOCIATED PRESS

Hamas sends first drone into Israel

A Hamas drone launched Monday into Israel marked the Islamic militant group's latest effort to catch the Israeli military off-guard. But like the others, it had little impact on the battlefield.

Israel shot down the drone. Still, the drone represented a new level of sophistication for Hamas, and Israel said it was taking the threat seriously. It was the first time Hamas has launched a drone into Israel, though military officials say they knew the group has had the technology for some time. Israeli airstrikes in the past have targeted suspected drone facilities in Gaza.

Malala asks for missing girls' return

The Pakistani teen who survived a Taliban assassination attempt in 2012 marked her 17th birthday Monday with a visit to Nigeria and urged Islamic extremists to free the 219 schoolgirls who were kidnapped there, calling them her "sisters."

Malala Yousafzai, who has become an international symbol for women's rights in the face of hard-line Islam, said Nigeria's president promised to meet for the first time with the abducted girls' parents.

"My birthday wish this year is 'Bring Back Our Girls' now and alive," she said, using the social media slogan that has been picked up around the

world to demand freedom for the girls, who were abducted by the extremist group Boko Haram in April from a school in the remote northeast Nigerian town of Chibok.

Malala appealed directly to their captors as she held hands with some of the girls who escaped.

"Lay down your weapons. Release your sisters. Release my sisters. Release the daughters of this nation. Let them be free. They have committed no crime." She added: "You are misusing the name of Islam ... Islam is a religion of peace."

Malala also spoke against the custom of child brides in her home country, a tradition



Pakistani activist Malala Yousafzai, left, poses for a photo with Nigerian President Goodluck Jonathan in Abuja, Nigeria on Monday. THE ASSOCIATED PRESS

also common in Nigeria. Boko Haram has threatened to sell some of the girls as brides if its fighters are not freed.

THE ASSOCIATED PRESS

Boko Haram bombs bridge

Suspected Islamic extremists bombed a major bridge on a northeast Nigerian highway, further limiting access to base camps in the Sambisa Forest where scores of kidnapped girls are believed to be held captive, witnesses and the leader of a group fighting Boko Haram said Monday. Gunmen destroyed most of the bridge on the road between Maiduguri and Biu on Saturday night, the spokesman for the Nigerian Vigilante Group, Abbas Gava, told The Associated Press.

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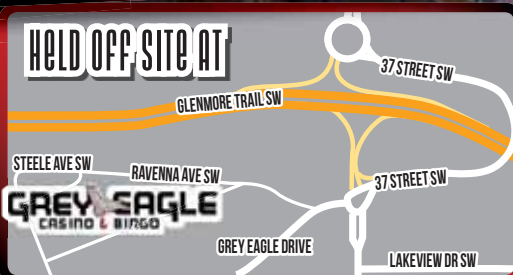
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U.S. Customs seizes 67 giant African snails

U.S. Customs and Border Protection (CBP) inspectors at Los Angeles International Airport seized 67 live giant African snails that are a popular delicacy across West Africa.

The snails, which are prohibited in the U.S., arrived from Nigeria and were being sent to a person in California, said Lee Harty, a spokeswoman for the customs agency.

Officials said the mollusks are among the largest land snails in the world and can grow to be up to 20 centimetres long. They are native to Africa and can live for up to 10 years. The pricey snails can cost \$50 US to feed a dinner party of six in Lagos, Nigeria.

The U.S. Department of Agriculture incinerated the snails after they were inspected, Harty said. Officials said the snails are prohibited



A single snail from an air cargo shipment of 67 live snails that arrived at Los Angeles International Airport on July 1.

GREG BARTMAN/USDA/THE ASSOCIATED PRESS

in the U.S. because they can carry parasites that are harmful to humans, including one that can lead to meningitis.

The snails are also agricultural pests, said Maveeda Mirza, the CBP program manager for agriculture.

"These snails are seriously harmful to local plants because they will eat any kind of crop they can get to," Mirza said.

The person who the snails were destined for is not expected to face any penalties, Mirza said. She said authorities are investigating why one person would want so many snails.

"We're investigating what happened, but it doesn't seem like there was smuggling involved," she said.

Although the agency has found one or two snails that may have accidentally gotten into a traveller's luggage in Los Angeles, this is the first time that they have confiscated the snails in such a large quantity, Mirza said.

THE ASSOCIATED PRESS



For the second time this week a U.S. financial agency has said that Canadian homes are overvalued.

PAUL SAKUMA/THE ASSOCIATED PRESS FILE

Canadian homes 20% overvalued: Fitch Ratings

Bubble or soft landing? Second U.S. financial agency sounds alarm on Canadian home prices

Fitch Ratings says Canada's real-estate market is as much as 20 per cent overpriced and cautions the government may need to take more measures to slow down borrowing on homes.

Fitch is the second U.S. financial agency to sound the alarm on Canadian home prices in the past week, with the Morningstar research firm predicting a 30 per cent correction was possible over the next few years.

The latest warning comes as the Teranet-National Bank composite house price index for June showed prices rose 0.9 per cent from May and were up 4.4 per cent from last year.

Causes for worry

Fitch said it was worried because household debt to income has only come down slightly from the 164.1 per cent high reached in third-quarter 2013, and unemployment will likely remain in its current seven per cent range for some time.

The year-to-year gain was the lowest in six months but still more than twice the underlying level of inflation in Canada and above income growth.

Prices were 8.1 per cent higher in Calgary compared with a year ago, while Hamilton saw increases of 7.3 per cent and Toronto and Vancouver climbed 6.1 per cent.

But several major markets showed a cooling trend. Prices in Ottawa-Gatineau fell 1.7 per cent compared with a year

ago, Quebec City dropped 2.4 per cent and Halifax lost 2.5 per cent.

Whether Canada's home prices are due for a big fall has been a hotly debated topic in Canada for several years, but as yet predictions of a housing bubble about to burst have not materialized.

The majority of analysts, including the Bank of Canada, forecast a soft landing for housing, however, with price increases, sales and starts levelling off or decreasing only moderately. Still, analysts such as David Madani of Capital Economics warn the longer the correction is delayed, the steeper the fall will likely be.

Fitch Ratings argues that government efforts to moderate growth by tightening mortgage rules and lending practices have had mixed results, noting that sales and building permits for residential construction have picked up in recent months. THE CANADIAN PRESS

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EBay will soon feature auctions from the likes of Monet, Picasso and other masters through a new partnership with auction house Sotheby's.

The companies will offer a new live auction feature on eBay Inc.'s website and real-time bidding for Sotheby's auctions that are taking place at Sotheby's headquarters in New York. The move lets eBay's 145 million active users have more access to the high-end art and objects that Sotheby's auctions.

Financial terms were undisclosed. Sotheby's Chief Operating Officer Bruno Vinciguerra said the partnership will help make its sales "available to the broadest possible audience around the world." THE ASSOCIATED PRESS

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Could you be allergic to your iPad?

Itchy and scratchy show.

Apple's tablet and other tech devices may contain nickel, leading to a rash for those with an allergy

Unexplained rash? Check your iPad. It turns out the tablet computer may contain nickel, one of the most com-

mon allergy-inducing metals.

Recent reports in medical journals detail nickel allergies from a variety of personal electronic devices, including laptops and cellphones. But it was an Apple iPad that caused an itchy body rash in an 11-year-old boy recently treated at a San Diego hospital, according to a report in Monday's Pediatrics.

Nickel rashes aren't life-

threatening but they can be very uncomfortable and may require treatment with steroids and antibiotics if the skin eruptions become infected, said Dr. Sharon Jacob, a dermatologist at Rady Children's Hospital, where the boy was treated. Jacob, who co-wrote the report, said the young patient had to miss school because of the rash.

The boy discussed in the

Pediatrics report had a common skin condition that causes scaly patches but developed a different rash all over his body that didn't respond to usual treatment. Skin testing showed he had a nickel allergy, and doctors traced it to an iPad his family had bought in 2010.

Doctors tested the device and detected a chemical found in nickel in the iPad's

outside coating.

"He used the iPad daily," Jacob said. He got better after putting it in a protective case.

Whether all iPads and other Apple devices contain nickel is uncertain; an Apple spokesman said the company had no comment. Microsoft also declined to comment on whether its devices contain nickel, said a spokeswoman.

THE ASSOCIATED PRESS



Work. Samsung suspends ties with Chinese supplier that allegedly hired kids

Samsung Electronics Co. said it has suspended business ties with a Chinese supplier that allegedly hired children.

The South Korean company, which is the world's biggest smartphone maker, said on its blog Monday that it had found possible evidence of child labour and illegal hiring at Dongguan Shinyang Electronics Co.

Samsung said last week it would urgently look into the Chinese supplier following a New York-based watchdog's report that it hired at least five children under the age of 16.

China Labor Watch said children as well as minors under 18 worked at Shinyang for three to six months to meet production targets during a period of high demand. The watchdog said the child workers were paid for 10 hours a day but worked 11 hours.

The report detailed 15 labour violations discovered during its undercover investigation. They included child labour, the absence of safety training, no overtime wages and no social insurance for temporary workers.

THE ASSOCIATED PRESS

Great Recession in U.S.

Citigroup agrees to \$7B settlement over mortgages

Citigroup agreed Monday to pay \$7 billion US to settle a federal investigation into its handling of risky subprime mortgages, admitting to a pattern of deception that U.S. Attorney General Eric Holder said "shattered lives."

The settlement represents a moment of reckoning for Citigroup, which will now be responsible for providing financial support to Americans whose lives were dismantled by the largest economic meltdown since the Great Depression.

THE ASSOCIATED PRESS

OMG RLY?


Cellphone service prices down ... for full-package deals


The price of basic wireless phone service in Canada has gone up 16 per cent since last year, but packages with more features have held steady or gone down, according to an annual study commissioned by Industry Canada and the CRTC.


Industry Minister James Moore said the report's findings show that average wireless prices have come down 22 per cent since 2008 and smartphone plans have fallen even further.

THE CANADIAN PRESS

Market Minute

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XXXS AIN'T NOTHIN' BUT VANITY

They say that size is just a number. And when it comes to clothing sizes, we all know that number is often open to interpretation depending on the brand.

American retailer J. Crew made headlines last week after announcing it would start offering its preppy fashions in a new XXXS size — a numeric size 000. Yes, that's right: THREE ZEROS. According to the brand's global conversion chart, the new smaller-than-ever size is equivalent to a 32 in Italy, a 1 in Japan and a 0 in Australia and the U.K.

Confused yet?

The retailer has been accused of taking vanity sizing to preposterous new extremes with the triple-digit innovation. A spokesman for J. Crew claims they are simply trying to address the demands of their customers in Asia who require smaller sizes.

I understand that clothing manufacturers need to create garments for men and women in a diverse variety of shapes and sizes.



SHE SAYS
Jessica Napier
metronews.ca

But if they're trying to accommodate the needs of petite consumers, wouldn't it make more sense to shift the existing sizes upwards?

Personally I find the whole trend toward unrealistic vanity sizing to be a bit patronizing. There's no need to make up new numbers and manipulate shoppers in order to sell us clothes. I mean, are women really dropping big dollars at certain stores just because they feel validated when they can squeeze into a size-nothing pencil skirt?

In my own closet I have dresses that range from size 2 to 10 and all of them fit me correctly. It's incredibly frustrating — not to mention an enormous waste of time — to haul three sizes into the fitting room every time I go shopping because I'm never sure if the store I'm in considers my body to

be small, medium or large.

Why not categorize tops and bottoms based on their actual bust, waist and inseam measurements? Then again, experience

Feeling like a nothing

Are women really dropping big dollars at certain stores just because they feel validated when they can squeeze into a size-nothing pencil skirt?

has taught me that even labels with numerical inches don't measure up; size-28 jeans can vary drastically across different brands.

Large American chain stores seem to be the worst culprits when it comes to vanity sizing, while smaller boutiques and European retailers tend to list more accurate numbers that can sometimes feel like a rude awakening.

Establishing honest and standardized sizing regulations across all clothing retailers is a radical and impossible dream. Unfortunately, I think we're far more likely to see negative numbers and quadruple zeros in the future before we see big brands concede to a logical solution that would — gasp — force women to buy a larger size.

NO SWAN LEFT BEHIND



A mute swan is measured before being released during the annual Swan Upping census on Monday on the River Thames, South West London. The swans and young cygnets are counted and assessed for any signs of injury or disease. DAN KITWOOD/GETTY IMAGES

Annual Swan Upping census takes place on River Thames

This year's Swan Upping, the annual census of the swan population on the River Thames in England, departed Sunbury on Monday and ends at Abingdon, Oxfordshire, on Friday.

The Royal Swan Uppers travel in traditional rowing skiffs collecting data, assessing the health of young cygnets and examining them for any injuries.

The five-day census dates

back to the 12th century, when the Crown claimed ownership of all mute swans.

Today, the Crown retains the right to ownership of all unmarked mute swans in open water, but the Queen only exercises her ownership on certain stretches of the River Thames and its surrounding tributaries. According to the Queen's swan marker, the swan population has been down in recent years due to disease and flooding that washed away nests, eggs and young cygnets, but the numbers for this year's census are promising so far.

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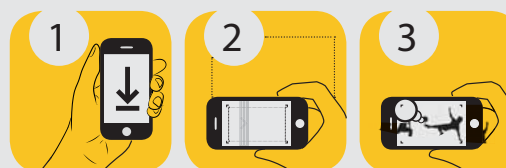
Mmmm, swan

The census started back in the Middle Ages, when swans were considered a food source and were served up at elaborate banquets for dignitaries and other people of wealth.

- Today, of course, swans are no longer eaten, and the census is undertaken strictly for conservation and educational purposes.

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 12 in Scene and page 30 in Sports.

MetroTube

Beach day takes bad turn



ANDREW FIFIELD
andrew.fifield@metronews.ca

There was some very strange summer weather in Russia's Ural region over the weekend.

In Chelyabinsk, which made headlines last year when an enormous meteor exploded in the sky above, temperatures dropped from more than 20 degrees to nearly zero on Saturday — an event capped off by a freak July snowstorm. More frightening, however, was this storm that crashed into Novosibirsk, Siberia. Overtaken by dark clouds, a Saturday of sun-soaked beach time quickly became a sandy, swirling mess that pelted people with painfully large hail as they fled for shelter. (YouTube)



NIKITA DUDNIK/THE ASSOCIATED PRESS

No end in sight for the Guided by Voices crew

Back with a bang.

Indie band has had a prolific few years as Tobin Sprout returns to the fold ... and there's no sign of stopping

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HEALY
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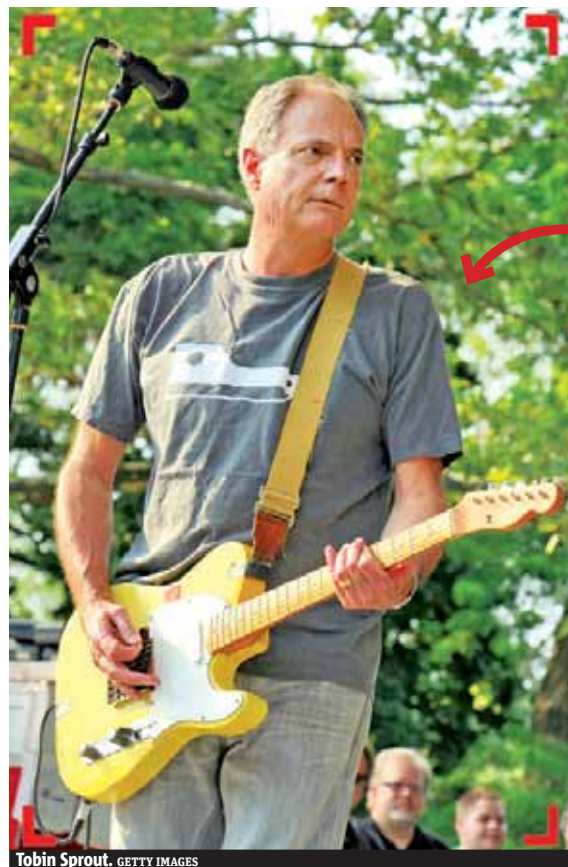
In the new Guided by Voices video for *Bad Love Is Easy To Do*, on the *Funny or Die* website, comedians Rob Corddry and Brian Huskey play a feuding version of the band's chief songwriters, Robert Pollard and Tobin Sprout, respectively. They look like a gentle 1960s folk duo modelled after Simon & Garfunkel and they fight like brothers.

The song is a burst of saccharine guitar pop worthy of the term "classic lineup" that is being used to describe the GBV that reformed in 2010. Since reforming the band has been recording at a prolific clip that rivals their peak years in their first incarnation, releasing six full-length albums and a whole bunch of singles and EPs in four years.

So really, then, how are band relations?

"Things are going well," says Sprout, "we'll just go with that."

It was just about 10 years ago that Bob announced with *Half Smiles of the Decomposed* that it was to be the last GBV album. Happily, he broke that promise, and when GBV re-formed, you were back in



Tobin Sprout. GETTY IMAGES

the fold. Do you think there is an end point to Guided by Voices?

There is no end point now. Working on the next GBV album. We plan to record in the fall. I also have a solo coming out called *The Universe And Me*. We are also seeing younger fans at the shows like 6 years old to 12 and 14, singing all the

words! It's really something to see that, moms and dads holding their kids, singing together.

Did you ever go to GBV shows as a spectator during the years that you weren't in the band?

I saw pretty much every lineup. Mostly would see them when they played *Grand Rapids*.

AUGMENTED REALITY

→ If you haven't seen the *Funny or Die* video lampooning Guided by Voices, scan this photo using your Metro News app. It's full of laughs!



→ See the full instructions on Metro's Voices page.

When you did come back to GBV, what was the moment when you knew that it was the right thing to do?

I think it was the right thing to do when I left the band in '96 to be home with my family. It was hard to see GBV go on without me but I'm glad I got to see my kids grow up. It feels a bit like karma that it's gone full circle now, thanks in part to Matador (GBV's label during their formative years).

The most powerful visual for Robert Pollard's songwriting I've ever heard is that line about a suitcase with more than 1,000 songs in it. Have you ever seen the legendary suitcase?

I saw it a long time ago, pre-CDs, some were even on small reel to reel. I remember Bob had a recorder he borrowed from his school, it sounded really good. One mic one track.

While we're talking numbers, how many beers would you estimate that GBV has drank onstage over the years?

I have no idea! Too many to count.

DVD review



The Raid 2

Director. Gareth Evans

Stars. Iko Uwais, Yayan Ruhian

In the original *The Raid*, action star Iko Uwais was a beacon of light shining from a dark tower. As good cop Rama, trapped in a Jakarta apartment building teeming with gangsters and corrupt police, he fought his way up one floor at a time. It was exhilarating to watch. By opening the action up to the entire city for the sequel, there's less claustrophobia and also less excitement. Writer/director Gareth Evans tries to compensate for this by having Rama pummel his way out of innumerable squeezes, including a prison toilet stall and a speeding car, but it just isn't the same. The decision to reduce the thrills while upping the gore was the wrong way to go. This once promising franchise may have announced its own epitaph in the words of one combatant: "I'm done." Extras include one deleted scene and several making-of featurettes.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heigl's perilous path toward a more pleasing public persona



NED EHRBAR
Metro World News in Hollywood

While presenting her new series, *State of Affairs*, to TV critics this week in Los Angeles, Katherine Heigl was asked point-blank about those pesky reports that she's "difficult to work with." Katie, don't do it! It's a trap! There is no good way to answer this! Oh drat, here we go: "I can only say that I don't see myself as being difficult and I don't intend to be difficult," she responded. "I think it's always important to everybody to conduct themselves professionally and respectfully and kindly. So



if I have ever disappointed somebody, it was never intentional."

Here's the problem, Katie. All anyone takes away from that answer is, "I don't see myself as being difficult," which just makes you sound more difficult but also now a bit affronted. This kind of public image nightmare you've had going on for a while now is like

quicksand. The more you struggle, the worse it gets. No matter what you say about your reputation for being difficult, it will only reinforce people's idea that you're difficult. I don't necessarily know what the answer is. Maybe you should be more of a klutz in public or get a new puppy or something. Or just, you know, stop talking.



Gwyneth Paltrow

Gwyneth at Tiffany's? Twitterverse takes aim at Paltrow for impersonation

As is the way of things, Gwyneth Paltrow did something, so people are complaining about it. The Goop guru and criticism lightning rod got gussied up as Audrey Hepburn for a Max Factor makeup campaign to pay tribute to the *Breakfast at Tiffany's* star. And let's just say folks were not pleased. She also dressed up as Brigitte Bardot, Farrah Fawcett and good buddy Madonna, but no one seemed to mind that. Audrey Hepburn, though? Yikes. Here are some of the juicier Twitter

Hepburn-related reactions:

@DestineeDouty: "She's not even half the woman Audrey Hepburn was."

@Jaspiehorn: "She's not pretty enough to be Audrey!"

@mariamzadeh: "Worst casting ever! Gwyneth could never play Audrey."

@lainieamber: "the funniest thing I have heard all day."

Will a stage help us take Lindsay seriously?



Lindsay Lohan

Lindsay Lohan just wants to be considered a serious actress, guys. Just after announcing her West End stage debut — in David Mamet's *Speed the Plow* — later this year, Lohan tells the BBC she wants to be taken more seriously. "People have certain perceptions of me. For a long time, people looked at me as kind of a celebrity, which is something I never wanted," she says, saying that she's turning to the London stage "so that people can focus on the fact that I'm in this industry because I'm an actress and an artist and not just someone you take photos of."

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Caution: Dangerous curves ahead

Fitness. Two experts weigh in on obtaining the seemingly elusive hourglass figure

IZABELA
SZYDLO
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If abs are made in the kitchen, curves are carved out in the gym's weight training section.

And despite misconceptions that women will end up looking like Arnold Schwarzenegger if they lift weights, it is physically impossible to do naturally. "It will never happen accidentally," says Lyzabeth Lopez, award-winning personal trainer, holistic nutritionist and owner of Toronto-based fitness facility Hourglass Workout, which helps women attain the hourglass silhouette. "You need to be supplementing properly and training hard to gain a body builder's physique."

Your approach to curves will, however, depend on whether you are slim and wish to gain curves or are curvy and wish to accentuate your curves.

Creating Curves

Lynn Calmeira is a certified personal trainer, TRX suspension training team coach and boot camp instructor in Ajax, Ont.

She says slim women wanting curves must be prepared to get off the treadmill. "You can do cardio like a hamster on a wheel but unless you lift, your body will never be shapely," she says.

She recommends a 10-minute warm-up; weight lifting with an alternating focus on the upper or lower body for each session, and 20 minutes of high intensity interval training to finish. Add to that formula



Lyzabeth Lopez, personal trainer and owner of Hourglass Workout, performs a squat. WENDI SATIO

"periodization" and patience, and you will see results, she insists.

"Periodization means you take a month to go into a build

phase," Calmeira explains, "during which you lift a little bit heavier and do fewer repetitions. After that month, you lower the weight and increase

your reps to chisel that muscle you built. First you're building, then you're shaping."

Among her favourite curve-creating workouts, Calmeira

includes power moves such as squats and dead lifts. "It is hard for women to gain curves, so when you decide to do it, it's just lift, eat clean, lift, eat clean," she sums up.

Accentuating Curves

If you have Kim Kardashian curves hiding under a layer of fat, there is no reason to build (or "bulk"). Instead, you want to take off fat while sculpting the muscle underneath.

Lopez, who also offers an online program called Train with Lyzabeth, explains, "You can't just say keep (the fat) here, go away there. Instead, you focus on isolated and compound movements, especially for your glutes. You go heavy enough and you do enough sets to make sure the muscles are growing. So, everywhere is getting slimmer but your bum is staying the same size, making it look bigger and giving you the hourglass silhouette."

Developing your glutes may not mean doing heavy squats either. If you have thick thighs and want them to get thicker alongside your butt, heavy squats are for you. If, however, you want lean legs and a round bum, Lopez recommends a different approach. "We do Pilates in class, which gives a lean, long look to the leg. Then we do isolated glute movements and work the posterior chain."

Among effective exercises for curvy women, Lopez lists lunges (she rotates 20 types), plyometric movements (box jumps) and heavy moves (dead lifts, cable glute kickbacks).

Be wary, Lopez cautions, of reversing your progress during cardio. She says running without an incline on a treadmill will flatten your booty. Instead, she and Calmeira agree that the stair climber is a great form of cardio because, in addition to training your heart, it works the thighs and glutes.

Health risks of keeping baby weight

Women who don't lose all their "baby weight" within the first year after giving birth could be setting themselves up for diabetes, heart disease or a stroke later in life, new research suggests.

In a study published recently in the journal Diabetes Care, Toronto researchers found women who maintained excess pounds between three and 12 months postpartum had elevated risk factors for diabetes and cardiovascular disease.

"What we saw here was the women who didn't lose weight had higher blood pressure,

higher levels of bad cholesterol, greater resistance to insulin and lower levels of a particular hormone that is believed to be protective against diabetes and heart disease," said principal researcher Dr. Ravi Retnakaran.

"The adverse consequences of retaining excess weight from your pregnancy may develop a lot earlier than we expected, within the first year," said Retnakaran, an endocrinologist at Mount Sinai Hospital.

To conduct the study, researchers monitored 305 obstetrical patients throughout pregnancy and during the year

following delivery.

About three-quarters of the women lost at least some of their baby weight at the one-year point. Tests at three and 12 months postpartum showed their cholesterol, blood pressure and other cardiometabolic measures were at healthy levels. But one-quarter of women who did not trim pregnancy weight showed elevated levels at 12 months' postpartum, which had not been present at the three-month mark.

"They're not that old. They're very healthy," said Retnakaran, adding that subtle

changes in their blood pressure and other measures may not immediately raise a red flag for doctors. "The levels in young women at risk in whom these risk factors are going to be relevant to their potential, ultimate development of heart disease, those levels when they're 25, 26 are not going to be the kind of levels that are going to cause their physician to take notice," he said.

"But you give them those levels compared to their peers and exposure for 20 years and you've got diabetes and heart disease." THE CANADIAN PRESS



Failure to shed baby weight could put women at a risk of diabetes. ISTOCK

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Lululemon has combined its YouTube exercise videos with Songza music playlists to create this handy yoga and cross training exercise app in preparation for Vancouver's half marathon this August.



What's hiding in sunscreen?



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Best Health, Canada's healthy lifestyle magazine for women, regularly looks at the science of personal care products and the safety of their ingredients. In the summer issue, on newsstands now, freelance writer Lesley Young explores concerns Canadians may have about sunscreen. Here is one:

"I read that nanominerals in sunscreen, namely zinc oxide and titanium dioxide, are dangerous."

Sunscreen formulators have long been using these two mineral-derived ingredients, which are considered "physical" sunscreens, to block both UVB and UVA rays. But many consumers don't like that they leave a white residue on the skin. So nano-sized (super-microscopic or "micronized") molecules were created. Sun protection products using this technology



Experts say that the risk of serious skin damage and skin cancer from sun exposure likely far outweighs any risk posed by sunscreen ingredients. iStock

began appearing on the market in the early 1980s. Because of the newness of nanotechnology (in the scientific world, 30 years is new), there is not a lot of knowledge about what

impact the products may have on our bodies. People assume they absorb more easily into the skin than would "regular-sized" molecules, and that seems only logical.

But Health Canada and the European Commission's Scientific Committee on Consumer Safety have recently completed reviews of nano-scale zinc oxide and titanium dioxide,

and have neither identified any risk, nor issued any warnings to consumers.

Additionally, the Therapeutic Goods Administration in Australia, a regulatory agency for medical drugs and devices, states that "the current weight of evidence suggests that titanium dioxide and zinc oxide nanoparticles ... do not reach viable skin cells. Rather, they remain on the surface of the skin and in the outer layer of the skin that is composed of non-viable cells."

The Canadian Dermatology Association has officially stated, "There is no evidence to suggest that the application of sunscreen products containing micronized zinc oxide and titanium dioxide will result in toxicity. If applied on healthy skin, there is no evidence that these products penetrate beyond the outer layers of the stratum corneum (top layer of skin)."

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The caveman diet, evolved

Don't worry, you won't be digging into slabs of raw, bloody steak. Metro finds out why more and more people are choosing to eat like our ancestors — simply and fresh — and how doing so is benefiting their health.

ROMINA
MCGUINNESS
Metro World News

People think of this as the “caveman diet” but in a modern world, going Paleo (actually short for Paleolithic) is about eating fresh, nutrient-dense, unprocessed foods that look as close to what they looked like when they were grown (or born, in the case of animals).

Diane Sanfilippo, author of the best-selling book *Practical Paleo* explains how mimicking our ancestors and only eating foods that would also be edible in their raw state, can help us lose body fat, improve digestive function and stabilize blood sugar levels.

“If what’s on your plate has been through a factory and been processed from what it once was in nature, then it’s probably not that great for you,” Sanfilippo tells Metro.

“You should be able to take something and eat it. This means no grains, legumes, refined sugars or pasteurized dairy products.”

Why you'll be swapping legumes and grains for egg yolks and organ meat
We tend to dump food in

three categories: “good”, “just OK”, and “bad.”

Only some of the things we think are “healthy” aren’t actually that great for us, and vice versa. Some foods we avoid, such as red meat and fats, our bodies crave.

Take whole grains, for example: We’ve been told to consume these in abundance because they are generally good for us — right?

Sanfilippo isn’t convinced: “Technically, whole foods are things that are still in their ‘whole’ form; so this could include anything from rice to quinoa.

“But then think about this: Is what you’re eating fresh? How long was it sitting in a storage bin before you bought it? In terms of nutrition, what we do when we add grains or legumes to the plate is we crowd out more nutrient-dense (and Paleo-approved) foods, such as organ meat, seafood, nuts, vegetables and eggs,” she explains.

Tummy trouble? This may be the right diet for you
Digestive function — a common struggle — is a key element of the Paleo diet.

“A common myth out there is that meat is really hard to digest, but that’s just not true,” Sanfilippo says. “Our digestive system is well equipped to break down the protein from meat — plants are actually harder for us to digest than animal foods, especially grains and legumes,” says Sanfilippo.

“Think about the way food is presented to us in nature. The things that we eat shouldn’t have any barriers to them. Imagine you’re eating a peach: you eat what is around the seed



This Paleo recipe serves three to four people. CONTRIBUTED

and then you let that seed go because it’s not edible. Grains and legumes are not edible raw. The fact that we have to do something to them in order to be able to eat them is enough of a clue that they might not be the right for us.”

To help get you started, we asked Sanfilippo to share her one of her Paleo recipes.

Lunch. Lemon rosemary broiled salmon

1. Preheat oven to a low broil setting.

2. Place thinly sliced pats of butter in a baking dish, or spread ghee or coconut oil over the bottom of the dish. Place the salmon in the dish and sprinkle with the salt. Add more thin pats of butter on top of the salmon, and top with slices of lemon.

3. Broil on low for approximately 10-12 minutes or until the salmon is cooked to your liking.

Ingredients

Total time: 20 minutes

- 2 tbsp butter, ghee or coconut oil
- 1 lb wild salmon, either whole or in portions
- 1 lemon
- 1 tsp rosemary salt

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Shrimp make a splash in quinoa, arugula and asparagus salad

Health Solutions

Prepare for nutritional lift-off with this healthy rocket



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Arugula is one of the most versatile greens in the produce aisle.

It is frequently used in both hot and cold dishes at Ste. Anne's Spa in Grafton, Ont., where fresh and nourishing is a key priority.

Chef Christopher Mark says the secret to spa food is "to serve small portions of highly nourishing food with intense flavours throughout the day."

The idea being that high-nutrient, delicious food sustains and supports all that cleansing and resting we so desperately need.

Arugula is sometimes called rocket for its shape and zippy taste and there are loads of ways to work it in:

- Top a pizza just as it comes out of the oven
- Stir into any soup at the last minute
- Use alone or as a mix in salads
- Add to grain side dishes to

stretch the carbs and add flavour

- Use as a fresh herb to top pasta dishes
- Add a handful to smoothies in place of spinach or kale

What all dark leafy greens have in common is fibre, vitamin K and A. But they also serve up more eye-protecting zeaxanthin and lutein than carrots.

Bugs Bunny would probably have looked funny carrying around a handful of arugula, though; best he stuck with carrots. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



Salad Spotlight.

Metro's week of lightening your plate continues with the perfect hint of seafood

THERESA ALBERT
myfriendinfood.com

Shrimp is one of the quickest weeknight meals around, and the quinoa salad that goes with it here is perfectly complemented by sweet quinoa and peppery arugula.

Use raw black tiger shrimps that have been peeled and deveined. Thaw shrimp running under cold water for 10 minutes if it's frozen, then dry using paper towels.

Chef Christopher Mark at Ste. Anne's Spa in Grafton, Ont. says he uses arugula here for its

Ingredients

Raspberry and Balsamic Compote

- 1/2 cup balsamic vinegar
- 1 tbsp honey
- 1 pint fresh raspberries

Quinoa and Asparagus Salad

- 3 cups water
- Bunch (1/2 lb) garden asparagus, trimmed and cut into 2-inch pieces
- 1 cup red quinoa
- 6 cups arugula (1 1/2 per person)
- Dollop of butter
- 1 lb black tiger shrimp, peeled and deveined (thawed if frozen)
- Salt and pepper, to taste
- 2 yellow bell peppers, sliced
- 1 cup grape tomatoes



START TO FINISH
25 MINUTES

Pan-seared Shrimp, Quinoa, Baby Arugula Garden Asparagus Salad with Raspberry and Balsamic Compote serves four. THERESA ALBERT

surprising but soft bite, which pairs well with sweet berries.

1. Add balsamic vinegar to a small pot and begin to reduce over medium heat. After about 5 mins., the vinegar will take on a syrup consistency. When it does, add honey and raspberries. Mix and let simmer until raspberries have cooked and broken down for 5 more minutes.

2. Bring 3 cups of water to a

boil, drop asparagus pieces into pot to blanch for 2 minutes. Remove with a slotted spoon. Place quinoa into same pot and bring to a boil; reduce to a simmer for approximately 15 mins. Season with salt and pepper. Stir in raspberry compote and cooked asparagus.

3. Wash baby arugula and let air dry on top of a clean kitchen cloth or paper towel.

4. Preheat a pan over medium heat for approximately 1-2 min-

utes. Add a dollop of butter to the pan and place shrimp in. Lightly season with salt and pepper. Flip sides after 2 mins. and cook for another 2 mins.

5. Place 1 1/2 cup baby arugula on each plate followed by some quinoa mixture, bell peppers, tomatoes and shrimp.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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LEARNING CURVE

Continue to learn while you work

Summer is in full swing, and many university and college students have been working for a few weeks or are about to start. In terms of gaining valuable experience, it doesn't matter if you are working in your area of study or not.

"There are a number of important lessons that can be learned with any job, including summer jobs you know will end in a couple of months," says Connie Clace, a certified professional coach and the owner of Connie's Career Coaching Services in Mount Uniacke, N.S.

ENHANCED COMMUNICATION

Effective communication skills can benefit you in all aspects of your life, and each job will help develop these skills. "You can see how your communication skills affect those you deal with," Clace says. Try to determine which communication styles work for you and which ones don't.

TRANSFERABLE SKILLS

Once you have decided on your career path, research that industry or sector and find out what skills and attributes are typically required. "Once you've identified those skills you can look at your summer job and see what you're doing that will help develop those skills to better position you for your career job," Clace says.



SHUTTERSTOCK

STRONG WORK ETHIC

Whether you are babysitting or bartending for the summer or the CEO of a major corporation, you should always put 100 per cent into your performance. "You never know whom you will meet in the course of doing your job and who may play a role in your future," Clace says.

CONFLICT RESOLUTION

At some point, every job will present some sort of conflict. It's important to handle those tense times with professionalism and respect. "Dealing with minor conflicts in your summer job can provide you with the skills to deal with major conflicts in a career position," Clace says.

IDENTIFYING STRENGTHS AND WEAKNESSES

"I had one summer job where I did vacation relief in an office, including filing, bookkeeping and reception," Clace says. "I hated answering the phones, so I ensured that I didn't choose a career where my primary function would be receptionist duties." — Jane Doucet

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Not only does this program exercise the imagination, but it will also help students develop the critical and analytical thinking skills for which employers look.

"The English program provided wonderful opportunities to grow as a thinker and writer," says Denae Dyck, a program graduate and named a Killam and SSHRC scholarship recipient for graduate study in English at Dalhousie University.

"I have been challenged by the program's rigour, and I really appreciate the English faculty's investment in me."

Graduates boast a 90 per cent employment rate in degree related occupations, and 40 per cent of graduates receive major

scholarships to pursue graduate studies.

While studying these works, students will combine literary studies with literary theory as they learn to write with judgment, clarity, and imagination.

Students get a chance to participate in a travel study component to England, Scotland, and Wales. Once in the United Kingdom, students will visit literary landscapes to analyze how text produces our understanding of culture, place, and landscape.

For more information, visit ambrose.edu.



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Northern Lights College: Answer the call of the north

One million job openings are projected in the coming decade across British Columbia; 430,000 of those jobs will be created in booming northern B.C., according to a B.C. Labour Market forecast for 2010-20 produced by the provincial government.

With three-quarters of these openings expected to require a trade certificate or post-secondary education, it makes sense to acquire that education and training at northern B.C.'s most exciting destination for

industry, trades and apprenticeship training — Northern Lights College (NLC).

And a very exciting opportunity now exists for domestic students if they are eligible for an NLC entrance award that could fund up to 75 per cent of their tuition. Visit the NLC Foundation online for eligibility criteria.

"The need for skilled tradespeople is in a crisis situation in northern B.C.," says Rene Tremblay, dean of trades and apprenticeship. "We believe that if you train in the north, you

will stay in the north. At NLC, you receive more than technical skills; you learn about the challenges and rewards of working in the north. That means you are better prepared to be successful when you enter the workforce, and could build a very rewarding career for yourself."

Foundation trades and apprenticeship level career paths range from carpentry and automotive to plumber. A variety of academic and vocational training opportunities also exist in programs ranging from practical nursing to applied business technology (business administration).

For more, visit nlc.bc.ca, call 1-866-463-6652 toll-free to speak with a student recruiter, or email studentrecruiter@nlc.bc.ca.



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DEVELOP SKILLS QUICKLY WITH ABES

After a conversation with his wife, where Juan Hernandez-Parra expressed his annoyance of working survival jobs, she suggested that he pick a career in the medical field.

During his research, he found the medical laboratory assistant (MLA) program at Alberta Business and Educational Services (ABES).

"The impression I had of ABES was very pleasant from the start," Hernandez-Parra says. "Their staff was very professional, responsible and friendly."

Throughout the program, Hernandez-Parra says he had the opportunity to practise more than 200 venipunctures. Because of this training, he noticed how his skills developed quickly and gave him confidence in making the transition to laboratory practicum from the classroom.

Another reason he was drawn to ABES was the ability to complete a diploma in just five months and be qualified to enter the workforce in the health-care field.

Hernandez-Parra is now employed full time as an MLA for Calgary Laboratory Services (CLS) at the Foothills Hospital.

"My experience and education through ABES made it easy to obtain employment within the field of my education. I personally recommend ABES as an excellent school where they pre-

MORE PRACTICUMS ARE AVAILABLE

Although the majority of ABES grads work for Calgary Laboratory Services (CLS), the Calgary MLA program does not limit you to this company.

Upon your request, ABES will provide you with practicums outside of CLS.

For more information, visit abes.ca.

pare you for the current market demand."

The full-time MLA program works in partnership with CLS and prepares graduates for work in hospitals, patient service centres, or clinical laboratories. This partnership means students have the opportunity to form a professional relationship with CLS, the largest employer for MLAs in the surrounding areas. This partnership began in 2004, when CLS approached ABES and requested the school run the MLA program in Calgary.

Because of the close working relationship with CLS, graduates are streamlined into the work force. Ninety-five per cent of medical lab assistant graduates from ABES are employed upon or before graduation.



Alberta Business and Educational Services graduate Juan Hernandez-Parra. CONTRIBUTED



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LINC program provides language skills training

One of the most significant challenges of newcomers to Canada is lack of language skills.

In order for many immigrants to successfully find employment and be able to maintain their jobs, it is necessary to have an adequate level of language proficiency.

The language instruction for newcomers to Canada (LINC) program at Columbia College provides language skills training to

landed immigrants to support them to successfully settle in Canada.

"LINC program is offered free of charge to the newcomer community to assist them with their future goals and dreams," says Fariba Mohammadi, LINC services co-ordinator at Columbia College.

"It gives them the confidence and skills they need to become an active member of our community socially and economically."

Students will learn skills they need to successfully participate in day-to-day social interactions, gain confidence to further continue their studies and participate in other training programs that will gradually assist them to find adequate employment in their new homeland.

LINC program students are exposed to a college environment where many adult second language speakers pursue further education, while also being introduced to Canadian culture and the way people interact in their daily life.

For more information about this program and the requirements, please contact linc@columbia.ab.ca, call 403-235-9300, or visit columbia.ab.ca.

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INTERSECTION OF SKILLS AND INTERESTS

Career planning is the intersection between skills, interests, and return on your educational investment, says Cliff Robinson, chair, B.C. Post-Secondary

Counsellors' Association. "What are you good at? What are you interested in? And will someone pay you to do this work?"

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Finding the right fit

Finding the right program fit in college or university is so important and sets the stage for the rest of your life.

How do you figure out the right major for you?

- Take advantage of first year, which, in many cases, consists of mostly general courses, to explore different programs.
- Research the area you are interested in to understand career paths, needed degrees, and employment rates. Look online as well as in the course calendar, says Heather Doyle, director of student support services at Dalhousie University Agricultural Campus in Truro. How will the courses fit with what you find interesting?
- Don't be completely influenced by familial pressure to go into a certain field of study. Students who enter into programs for the wrong reasons generally don't succeed.

• Spend time doing some self-reflection, says Amy Gaukel, assistant dean, students, Lassonde School of Engineering, York University. Do you see yourself doing this for the rest of your life? The key to finding the right program is making sure you are going to enjoy it.

• Work with a counsellor on campus. "We have an academic planning process where we talk to the student about academic and extracurricular interests and strengths, and go through goal setting," Doyle says.

• Have an open mind. There are so many careers and pathways students can take. Along with passion and interest, skills and abilities also are important. Consult with faculty members who know your work. They may see that you have applied for a particular course, but think a different program might be a better fit.

— Ylva Van Buuren

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ENHANCE WEB PRESENCE

Web design is a booming business — everyone wants a presence on the web, whether for personal or business reasons, which often go hand-in-hand.

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That's why MRU is offering two streams — for those who want to create a site themselves and for those who want to create a site for others.

"Let's face it, technology is changing faster than most of us can keep up," says Laurel Smith, instructor and cur-

riculum developer for both programs, and instructional designer with the City of Calgary.

The WordPress certificate of completion is intended for people who want to completely manage a website, but don't want to become a coder to do so.

"It's for people who want to be able to create a fully-loaded website that meets modern-day needs (such as mobile browsing), and have it look amazing, too," Smith says.

But for those who are looking for

more control over their creations, the web designer certificate takes things to the next level.

"It is intended for people who do want to learn to become a coder professionally, are interested in learning to create websites from scratch, as well as the graphics necessary to do so," Smith says.

Registration is open for both certificate programs, which take place this fall. For more information, visit conted.mtroyal.ca/webdesign or conted.mtroyal.ca/wordpress.

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Supply chain management helps organizations build and deliver products better, faster and cheaper.

Supply chain managers are involved in every facet of the business process — planning, purchasing, inventory management, production, transportation, storage and distribution, customer service, and more.

The new advanced supply chain management extension certificate offered through Mount Royal University helps those who currently work in supply chain management, while formalizing their education into a recognized credential.

"Careers in supply chain management remain a well-kept secret to most people," says Brian Fleming, associate professor, Mount Royal University — Bissett School of Business, supply chain management program. "Talk to current supply chain professionals and you will likely hear that they had no plans to pursue a career in supply chain management — they will tell you that they are



CONTRIBUTED

extremely happy for falling into supply chain management."

Fleming says a significant percent of supply chain career opportunities are filled by individuals who have little or no conceptual understanding on supply chain management.

The advanced supply chain management certificate program offered through MRU's continuing education faculty is designed for business people in need of more senior, managerial focused discussion and application of supply chain management concepts.

The advanced certificate program provides this level of detail and is comprised

of nine modules covering all aspects of supply chain management.

Students who successfully complete this program will be able to immediately take the skills acquired through the case-based, applied learning format back to their businesses and their jobs. These students will also qualify for advanced standing should they choose to pursue professional accreditation.

Students can complete this certificate in 12 to 16 months, which is offered through online, distance learning.

To learn more, attend an information session Sept. 4, from 6:30-8 p.m., or visit conted.mtroyal.ca/advancedscm.



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AT DIGITAL SCHOOL

Digital School Technical Design College will help you get started towards your career in computer-aided design (CAD) or even get you that step up you might be looking for in the corporate world of design.

Digital School is a vocational technical design college that offers smaller class sizes with direct contact to industry experts and blended learning.

The blended learning allows students to study material on their own time, practise their direct application to projects — working with industry expert instructors — to be trained and ready to step into the working field immediately.

Digital School offers CAD training where students are able to complete diploma programs in less than a year.

CAD courses include computer-aided drafter certificate, architectural CAD technician diploma, and engineering CAD technician

diploma with process piping specialization.

Digital School graduates have been hired into a variety of firms (design, architecture, engineering and construction) as trained professionals in the field of CAD.

By staying in touch with the needs of the industry, Digital School is able to provide the most up-to-date training in this field.

Applications for the September intake are now being accepted.

For more information about Digital School, visit digitalschool.ca.



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Add recreational component to your health-care training

Get paid to play all day with the recreation therapy aide (RTA) certificate at Bow Valley College.

Considered a post-health-care aide (HCA) program, the RTA program builds on the skills of an HCA and boosts their employability by adding a recreational component to their training.

"A big part of our lives is the social aspect, and a recreation department helps

meet those needs," says Gail Thauberger, co-ordinator, health-care and recreation therapy aide programs, Bow Valley College.

RTAs support the efforts of recreation therapists in enhancing the quality of life for clients. They work to improve the physical, mental, and emotional well-being of clients in a variety of settings, including hospitals and assisted living homes, by implementing activities such as sports,

dances, board games, music, or crafts.

This program has been designed for those who are currently working in a caregiving role in the health-care field.

This program begins every fall semester.

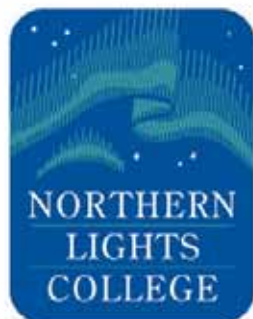
Students complete four months of part-time learning, which includes both online components and on-campus workshops held twice per month, and then four weeks of practicum for a total of five months.

Practicum shifts may include evenings, nights, and/or weekends and BVC works with each student to find the best practicum match as possible.

For more information, please visit bowvalleycollege.ca/rectherapy.



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"Academy of Learning offers very individualized and effective hands-on learning so that all students and personality types can work and study to the best of their ability," says Charles Jarvis, general manager, Academy of Learning.

Academy of Learning offers training in fields that are in demand for both individuals and employers, such as health care, business, office administration, IT, web design, accounting and many more.

For students who successfully complete their programs, Academy of Learning will assist them with how to



SHUTTERSTOCK

actively look for employment and find a job in field of their training.

At Academy of Learning, there are no wait lists and enrolment is always ongoing. All of Academy of Learning

campuses are easily accessible by C-Train.

For more information about Academy of Learning and its programs, visit academyoflearning.ab.ca.

SPEND TIME HELPING OTHERS

After Dickie Lee retired from his career as a dental technologist and sold his lab, he was looking for a way to make a difference in the lives of others.

He tried travelling, but found he was happier spending his time helping others.

"I wanted to give back in a meaningful way," Lee says.

So he began working at the Wing Kei Care Centre as a recreational assistant.

After about three years working at the centre, someone recommended that Lee enrol in the recreation therapy aide certificate at Bow Valley College.

"I tried it and found there were a lot more things for me to learn. I found it very helpful to my current work."

Lee says the skills and tools he learned in the program have helped him to better serve clients at the centre. He also says his ability to design programming has significantly improved.



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Not only does Lee find the work to be rewarding, he says he can see the difference it makes in the lives with whom he works.

He says he is glad he enrolled in the program at Bow Valley College and credits the instructors for helping him to love his job even more.



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Training health-care professionals

At Cambrooks College

The aging population has created a greater need for trained professionals in the health-care field.

To meet this demand, Cambrooks College offers two programs to prepare individuals to work in the field through the health-care aide (HCA) program and the medical office assistant program.

"We pride ourselves in being about providing superior training in these fields at a lower cost," says Pamela Paul, programs manager, Cambrooks College.

Cambrooks College is an affordable private college with equal opportunity for all, focusing on great quality and smaller class sizes to allow for more thorough and individual teaching.

To further assist the needs of the students, Cambrooks offers evening courses, as well as daytime to best accommodate students who continue to work while attending classes.

Cambrooks College instructors are active



SHUTTERSTOCK

professionals in the field, meaning students are getting the most up-to-date information.

With instructors who are in touch with the needs of the industry, students are able to leave the programs with the knowledge needed for positions currently available.

"We are proud to say all of our graduates from our HCA classes have all become employed within 30 days of graduating and some earlier than that," Paul says.

For more, make an appointment to stop in and discuss educational options by calling 403-452-3694, or visit cambrooks.ca.

THE NEED FOR AUTOCAD GRADS IS IN DEMAND

No matter what part of the design industry you work in, AutoCAD is a must-have tool.

AutoCAD is a fundamental knowledge, which transfers to other programs and relates to a number of industries.

"AutoCAD is now the industry standard," says Nancy Bosscha, interior decorating instructor, Bow Valley College. "It is like learning a new language."

The AutoCAD certificate program at Bow Valley College is a hands-on, four-week program that teaches all of AutoCAD's two-dimensional and three-dimensional features and commands.

This program is used in a number of different industries, such as interior design, facilities management, architecture, civil engineering, structural engineering, and many more.

"Once you learn AutoCAD, it will talk to a lot of the other drawing programs out there," says Bosscha.

Bosscha says the need for trained professionals who are fluent in AutoCAD is in demand in Calgary.

"There is a lot of construction going on here and these people need drawings," Bosscha says. "We don't actually have a lot of people to do the work here in Calgary."



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Even for those who are in the industry, the extra training could prove valuable within their current jobs.

Students range anywhere from ages 18 to 65, including immigrants looking to gain further skills and several retirees who take this course for their hobbies.

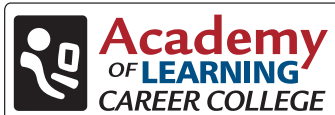
This program is offered once a year. The next start date is July 21 for four weeks. Classes take place Monday to Friday, from 9 a.m. to 4 p.m. For more information, visit bowvalleycollege.ca/autocad.

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ABM FOCUSES ON STUDENTS

The ABM College health-care aide program educates students to identify and respond to patients' emotional and physical needs to ensure competent and compassionate care.

Not only do students focus on human anatomy, physiology, medical terminology, chronic conditions, mental health and dementia, but they also participate in an invaluable practicum.

"The five-week practicum is a group

practicum where students get the support of their peers, as well as being taught by a qualified ABM instructor in the field," says Karen Whalen, health-care aide instructor at ABM College and a licensed practical nurse. "Students have the opportunity to take care of up to five clients on their practicum with different needs leading to a more diverse experience."

This intensive program provides health-care knowledge and skill training in college

laboratories and clinical settings, such as home health-care agencies, hospitals, nursing homes, and group homes. Whalen emphasizes the importance of the individual focus for students, as the smaller class sizes give students an advantage, which leads to a better lab experience.

The health-care aide program is 22 weeks, followed with a certificate approved by the government of Alberta upon completion.

For more information, visit abmcollege.com.



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SHUTTERSTOCK

How to make your scholarship application shine

Scholarships and bursaries can help pay for your education by providing money that doesn't have to be paid back.

If you are applying for an award, here are ways to make your application stand out.

1 MEET THE SPONSOR'S GOALS. Read and understand exactly what the award's formal and informal requirements are. Sometimes it's all about marks or financial need, but often there are other requirements. If it requires a 500-word statement, for example, include one.

2 DOUBLE-CHECK ELIGIBILITY. Make a realistic assessment as to whether you meet eligibility criteria. You are bound by the selection criteria set by the donor, says Kelly Dickinson, manager, student advising, OCAD University in Toronto. If it's for a third-year drawing and painting student, for example, don't apply if you are in your first year.

3 LET YOUR PERSONALITY SHINE THROUGH. Scholarships are also interested in extracurricular activities. "What we really value as a school are students who care about their community," says Amy Gaukel, assistant dean, students, Lassonde School of Engineering, York University. "If it's an award about leadership, talk about your specific leadership style and experiences. Also talk about your passions and how you're a great fit for the award and how you will contribute to your new community."

4 BE THOUGHTFUL. Tailor each application to its requirements and the tie in with you. "It's obvious when a student cares about getting an award versus they're just applying for the sake of applying because it's extra money," Gaukel says.

5 RESEARCH THE AWARD DONOR. Tailor the letter so it acknowledges the donor who is likely an important person in the industry. "That person is interested in accountability and who wins their award," Dickinson says.

— Ylva Van Buuren

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MLB

Cespedes retains long-ball crown

Oakland's Yoenis Cespedes became the first repeat winner of the all-star home run derby in 15 years, powering his way past Cincinnati's Todd Frazier by a whopping 9-1 in the final round Monday night.

Ken Griffey Jr. took the title in 1998 and 1999.

With a serious, determined look on his face the whole time, Cespedes finished with 28 homers.

THE ASSOCIATED PRESS

CFL

Argos to learn fate of ailing Owens

The Toronto Argonauts are expected to learn Tuesday if receiver Chad Owens will be able to play this week.

Owens had an MRI on his foot Monday after being injured in the club's 34-15 home loss to Calgary on Saturday.

Owens did not practise when the club reconvened Monday as his foot was in a walking boot.

The Argos (1-2) are in Ottawa (0-2) on Friday night in the expansion Redblacks' home opener.

THE CANADIAN PRESS

Manchester United

\$1.4B

Manchester United secured a record-breaking \$1.4-billion sponsorship deal with Adidas on Monday, signalling the club's enduring global appeal despite its worst Premier League campaign and strengthening its financial muscle for player transfers. The 10-year kit deal is worth at least 75 million pounds (\$137 million) a year, starting in July 2015.

Elite pitchers making the pros look like joes

Bearing dangerous arms. Batting average at a 42-year low with Wainwright, Kershaw, Hernandez at forefront of dominant starters

Mike Matheny had quite the choice for the National League's all-star game starter.

There was his own Adam Wainwright, the St. Louis Cardinals ace with a 12-4 record and a 1.83 ERA.

And there was the Los Angeles Dodgers' Clayton Kershaw, 11-2 with a 1.78 ERA and fresh off a 41-inning scoreless streak that ended last week.

He chose Wainwright, who will start Tuesday night at Target Field against the Seattle Mariners' Felix Hernandez.

"It's going to be great catching them," said Milwaukee's Jonathan Lucroy, the NL starter behind the plate. "A lot more fun than facing them."

When baseball's elite met at Citi Field last year, NL batters managed just three hits in a 3-0 loss. A year earlier in Kansas City, the AL had just six hits in an 8-0 defeat.

Never before had consecutive all-star games ended in shutouts.

"Guys are throwing harder. Guys have more pitches," said Philadelphia second baseman Chase Utley, making his sixth all-star appearance and first since 2010.

The big-league batting average is at a 42-year low. Strikeouts are at an all-time high.

Wainwright and Kershaw are on track to become the first pair of qualifying pitchers in one league with a sub-2.00 ERA since the Mets' Dwight Gooden and the Cardinals' John Tudor in 1985 — the last time Minnesota hosted the all-stars.

"Aside from having the ability to win two World Series with the St. Louis Cardinals, I think this has to be one of the highlights of my baseball career to this point," Wainwright said. "One of the coolest things I can say I did is to start a big-league all-star game."

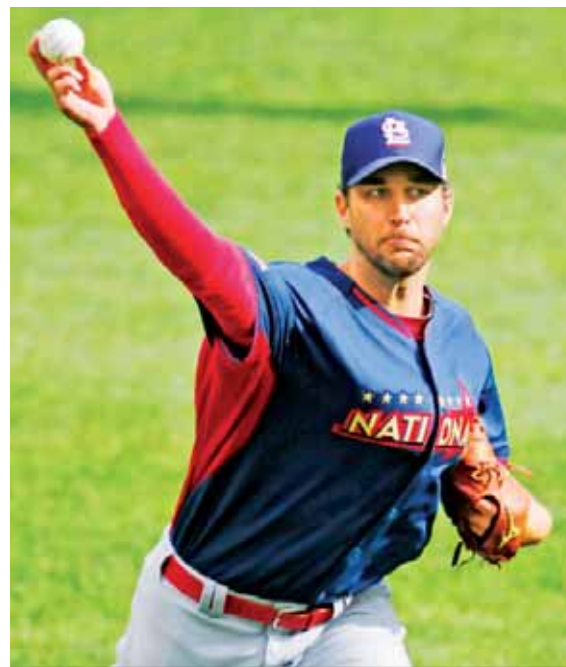
Hernandez also has sterling credentials: an 11-2 record with a 2.12 ERA. He described his task pretty simply:

"Just throw zeros out there and get my team to win. That's all I got to do," he said.

Kershaw understood Matheny's decision.

"If I'm him, I'm probably going to pick Adam, too. It's his guy and he had the best half," Kershaw said.

THE ASSOCIATED PRESS



National League starting pitcher Adam Wainwright throws before the home run derby on Monday night in Minneapolis. PAUL SANCYA/THE ASSOCIATED PRESS



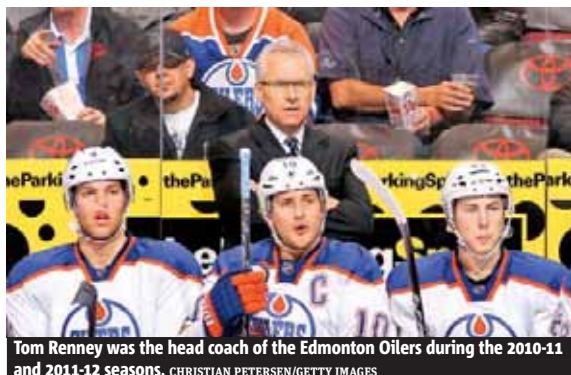
Members of King's Court cheer on Mariners pitcher Felix Hernandez during a 3-2 win over the Athletics in Seattle on Friday. ED S. WARREN/THE ASSOCIATED PRESS

Plenty on the line

"I don't think you can ever underestimate the home-field advantage in a post-season. To have that final game potentially in your home ballpark, that goes a long way to affecting the outcome."

American League manager John Farrell. Since 2003, the all-star winner's league gets to start the World Series at home

Source: Renney pegged as Hockey Canada CEO



Tom Renney was the head coach of the Edmonton Oilers during the 2010-11 and 2011-12 seasons. CHRISTIAN PETERSEN/GETTY IMAGES

Tom Renney will be named Hockey Canada president and CEO, a source tells The Canadian Press.

Renney, who previously was an associate coach on Mike Babcock's staff with the Detroit Red Wings, will replace Bob Nicholson, who resigned earlier this year.

The announcement is expected to take place Tuesday afternoon in Calgary.

Renney is a well-respected hockey person with 17 years of coaching experience in the NHL, WHL and internationally.

He spent the past two seasons with the Red Wings.

Before that, Renney was head coach of the Edmonton Oilers, New York Rangers and Vancouver Canucks. The 59-year-old Cranbrook, B.C., native served as head coach of Team Canada for two years, including the 1994 Olympics, after two seasons behind the bench of the WHL's Kamloops Blazers. Renney also served as Rangers' director of player personnel and vice-president of player development.

His history with Hockey

Canada is a long one. In addition to winning a silver medal at the 1994 Olympics, Renney has coached Canada in 10 world championships and also served as vice-president of hockey operations in 1998 and 1999.

Former Colorado head coach and recent Pittsburgh assistant Tony Granato will replace Renney in Detroit, according to multiple reports.

Hockey Canada's board of directors began its confidential search for Nicholson's replacement in April. THE CANADIAN PRESS

4 SPORTS

Brazil comes up lame on the pitch, great off it

Brazil beats all odds.

Shockingly humiliated at soccer, hosts pull off a surprisingly well-organized World Cup

For Brazil, it was the upside-down World Cup.

Brazilians lost at what they were certain they would win — soccer — and won where so many expected failure: organization.

For years, the country's government has endured grueling criticism from FIFA over severely delayed stadiums. Leaders rode out a wave of protests last year over billions spent on the tournament despite poor public services. Foreign tabloids warned fans of man-eating snakes and violence, while domestic newspapers grilled officials over every imaginable aspect of cup preparations.

Serious doubts remain about corruption related to World Cup works, whether the country will see economic benefits from hosting the games and whether dozens of infrastructure projects promised as the biggest legacy of the event will ever be completed.

But there is no question that the world saw a smoothly run, exuberant sporting spectacle surpass all expectations.

"I think it's been awesome," said Scott Zapcysky, a 39-year-old jiu-jitsu instructor from Michigan, as he took in the final match at the Fan Fest on Copacabana beach Sunday night. "I thought it was going to be an enormous disaster, to be honest. But it looks good. I think people are really happy."

Brazilians would disagree with him on one point: they were crushed by their team's



The Germans hoist the World Cup trophy on Sunday night in Rio de Janeiro. Scan the image with your Metro News app for a recap of the top moments from the last month in Brazil. FABRIZIO BENSCH - POOL/GETTY IMAGES

historic 7-1 loss in the semi-finals, followed by a 3-0 drubbing in the consolation game.

Still, President Dilma Rousseff took clear delight in the cup's success and in handing her critics a plate of humble pie.

Speaking to a group of foreign journalists on the eve of the tournament's close, she said she had never seen an event that faced such intense scrutiny.

"Well," she said, "we've eliminated the doubts of all who didn't believe in us."

Rousseff also said the success of the cup gives the country confidence in its ability to pull off its next mega-event, the 2016 Summer Olympics in Rio.

THE ASSOCIATED PRESS

Quoted



"I would have liked to bring you back the Cup and to be able to enjoy it. We tried, we gave it our all but we couldn't achieve it."

Lionel Messi upon returning to Argentina on Monday



"Brazilian football has to evolve in general."

Brazilian right back Daniel Alves after Brazil's dismal end to its home World Cup



"I am not at all happy with the way we fought against racism."

FIFA president Sepp Blatter on how racism incidents were dealt with at World Cup



Nibali wins as rivals crash

As Alberto Contador crashed out of the Tour de France Monday, Vincenzo Nibali went on to barrel past a panting breakaway rider to win a fog-and-rain coated, up-and-down Stage 10 and recover the yellow jersey he had lost only a day earlier. BRYN LENNON/GETTY IMAGES

MLB. A-Rod sued by attorney's firm for alleged unpaid legal fees

Alex Rodriguez is facing a new challenge: He is being sued by his own lawyer.

Attorney David Cornwell's law firm filed papers Monday in Manhattan federal court saying the New York Yankees star owes more than \$380,000 related to their work fighting his steroid suspension.

As first reported by The Daily News, the firm also is seeking pre-judgment interest and attorney fees that could increase the amount to half a million dollars.

Rodriguez was suspended for the 2014 season as a result of a drug investigation by Major League Baseball. He has said he plans to rejoin the Yankees in 2015.

Rodriguez admitted in 2009



Alex Rodriguez GETTY IMAGES FILE

that he used banned substances from 2001-03 while with Texas, before baseball had penalties in place for PEDs. But he has denied using them since.

THE ASSOCIATED PRESS

NHL

Dineen lands gig with Blackhawks

Kevin Dineen, who coached Canada's women's hockey team to a gold medal at the Sochi Olympics, has returned to the NHL as an assistant with the Chicago Blackhawks.

Dineen had been head coach of the Florida Panthers for two-plus seasons before being fired last fall.

THE CANADIAN PRESS

NBA free agency

Bulls clear cap space to bring in big man Gasol

The Bulls sent forward Anthony Randolph, two second-round draft picks and cash considerations to Orlando for the rights to Milovan Rakovic and also traded forward Greg Smith to Dallas for the rights to Tadija Dragicevic, setting the stage for the addition of free-agent centre Pau Gasol.

THE ASSOCIATED PRESS

British Open. Mickelson misses the claret jug already



Phil Mickelson GETTY IMAGES

Phil Mickelson rolled long putts across the practice green in front of the Royal Liverpool clubhouse, some of them going in, most of them the right distance. He chirped to the caddie of Brandt Snedeker about their money game, a Mickelson tradition at the majors.

Lefty was in good spirits Monday at the British Open, except for having to return the claret jug.

Even that allowed him to reflect on a year of keeping golf's oldest trophy, and the confidence he finally has when he plays links golf.

"It's a different feeling for me coming over here now having won this tournament," Mickelson said. "The way I felt was, 'Am I ever going to break through and play well on links golf and win an Open Championship?' Now I know that I can. I know that I've done

it, and it takes a lot of pressure off me."

Confidence in links golf? Yes.

In his game? That takes a little more work.

Not even Mickelson would have imagined when he left Muirfield last summer that he would not have won another tournament anywhere in the world. This is the longest he has gone without winning in five years. THE ASSOCIATED PRESS

AUGMENTED REALITY

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Certain people have been difficult to deal with of late and the situation is unlikely to improve until the end of the week. Stay calm. Everything moves in cycles.

♉ Taurus

April 21 - May 21

The more others try to persuade you there is nothing to worry about the more you wonder what they are trying to hide. The planets suggest you need to be careful.

♊ Gemini

May 22 - June 21

Even if your current situation is not as good as you would like it to be it won't be long before it improves, so don't be so pessimistic.

♋ Cancer

June 22 - July 23

You know what needs to be done – now all you have to do is do it. If you don't act now a golden opportunity will pass you by.

♌ Leo

July 24 - Aug. 23

Stop worrying about all the things that could go wrong in your life and start looking forward to all the things that will surely go right.

♍ Virgo

Aug. 24 - Sept. 23

Take care when dealing with money matters and business issues. Whatever else you do or don't do today don't let anyone make important financial decisions for you.

♎ Libra

Sept. 24 - Oct. 23

Your situation is not as bad as you think and what happens over the next week will prove it. Make a conscious effort to look on the bright side.

♏ Scorpio

Oct. 24 - Nov. 22

It might be wise to keep some of your more outrageous opinions to yourself over the next 24 hours. Not everyone shares your ability to see what is really going on in the world.

♐ Sagittarius

Nov. 23 - Dec. 21

Someone seems to believe that you are an easy touch. Are they in for a shock! It's time to be a bit more miserly, both with your affections and your money.

♑ Capricorn

Dec. 22 - Jan. 20

Don't feel bad if life seems to be rather low key just now. Things are sure to pick up as the week progresses. Be patient and wait for your chance to shine.

♒ Aquarius

Jan. 21 - Feb. 19

What you say and do over the next 24 hours will remind certain individuals you are not eager to conform. They won't take you for granted again!

♓ Pisces

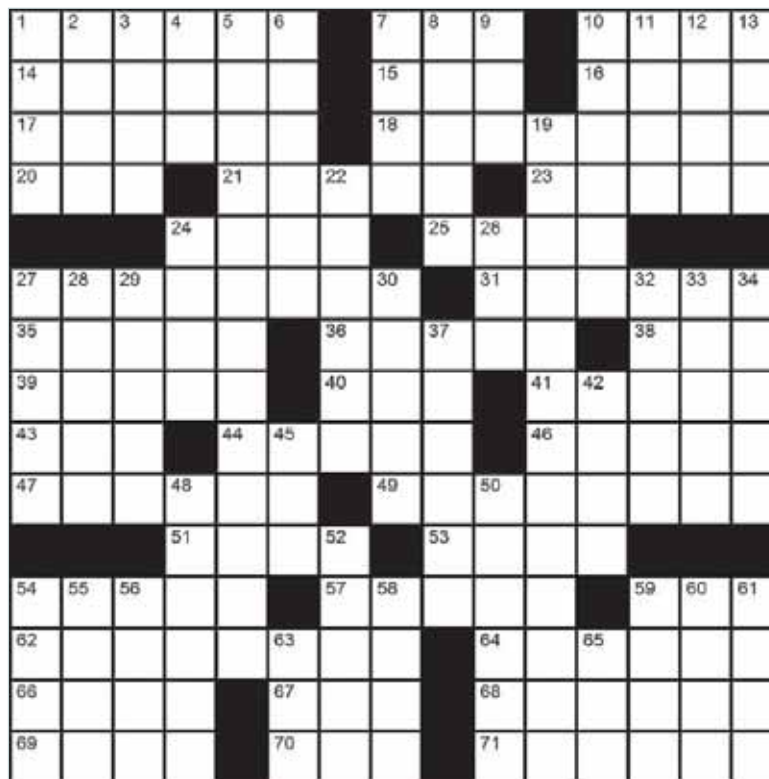
Feb. 20 - March 20

All things are possible if you believe in yourself. Keep that thought in mind today and you might just accomplish something out of the ordinary.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Nickname of Ryan Reynolds' first actress wife
7. Kilos opposites
10. Invitee's official 'yes'
14. Particular planet
15. Battery size
16. Vitality [abbr.]
17. Quagmire
18. The ____ (1945 novel by Gabrielle Roy)
20. Crime-fighting force in Ontario
21. Microwave device
23. Scheming Shakespeare roles
24. Questionable
25. Adroit
27. Cathedral's frightful spout
31. Prefix to 'scope' (Doctor's instrument)
35. "I'll have ____" (Bar order)
36. Love Story author Mr. Segal
38. Conger ____
39. Oyster jewel
40. Human with a habit?
41. Sticks
43. "Lucky Man" gr.
44. Skillful
46. Purpose
47. Fireman's forte
49. "Surfin' Bird" by The ____
51. Prefix to 'culture'
53. Jim Davis dog
54. "SCTV" character Ms. Prickley



57. "Suddenly ____"
59. Graduate's degree, e.g.
62. Saskatchewan village, seemingly a gardener's delight
64. Frozen sweet treat
66. "... ____ take

- arms against a sea of troubles..." - Hamlet
67. Comedian Mr. Sparks
68. "The Jeffersons" star Ms. Sanford
69. Tailoring line
70. " ____ La La" by

- Manfred Mann
71. Lake Ontario city

Down

1. ____ wrestler
2. Farmer's yield
3. U.S. 50+ org.
4. Cellular stuff
5. Montreal comedy festival: 3 wds.
6. Harden into bone
7. Behind
8. John __, Canada's Foreign Affairs Minister
9. ____ Antonio, Texas

10. Empathize
11. Close-fitting
12. Nix
13. Top exec.
19. 1970 novel by Robertson Davies: 2 wds.
22. Montreal-born actress, ____ Dinh-Robic
24. Bob __, Disney CEO
26. Techie bailout key
27. Visibly starstruck person
28. White poplar tree
29. Harvests
30. Combust
32. ____ (Coffee break time)
33. Foliaged fence
34. Actress Elizabeth
37. Puny prefaces
42. "This ____" (Man's phone reply)
45. ____ Spiegel (German news magazine)
48. Feline's world, say
50. Leisurely music tempo
52. Basketball great Mr. Thomas
54. Some are inflated
55. __, __, mi, fa...
56. Speck
58. "The Producers" (2005) role
59. The Who's " ____ O'Riley"
60. Goulash
61. Pop
63. Canadian actress Sandra, and surname-sakes
65. ____-di-dah

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

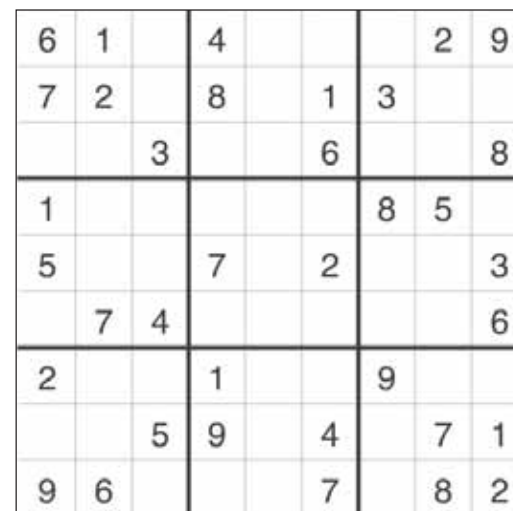


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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Market Mall
North Hill Centre

Southeast

Chinook Centre
Deerfoot Meadows
Shepard Centre
Southcentre Mall
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4410 50th Ave. SE
4825 Macleod Trail S
6039 Centre St. S
6100 Macleod Trail S
7845 Flint Rd. SE

Southwest

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Bow Valley Square
The Core
Shawnessy Shopping Centre
Westbrook Mall
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2008 33rd Ave. SW
4623 Bow Trail SW

Airdrie

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Cochrane

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